



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

23 Priscilla Place • (203) 452-5199

MARCH 2018

First Selectman (203) 452-5005

Vicki Tesoro

Senior Commission Chairman

Amy DeZenzo (203) 261-0872

Director of Human Services

Michele Jakab (203) 452-5144

Administrative Assistant

Ashley Ryan Grace (203) 452-5199

Senior Center Receptionist

Jeannie Franco (203) 452-5199

Social Services (203) 452-5198

Jennifer Gillis (203) 452-5133

Food Pantry

Monica Vallejo (203) 452-5135

The Center will be closed on Friday, March 30th for Good Friday

**Please join us for a
Dedication in Memory of
Rachel Yahwak**

**Friday, March 9th
10:00 AM**

**Snow Date:
Friday, March 16th**

Please join us for a dedication
in memory of
Senior Commissioner,
Rachel Yahwak.

Location: Senior Center Cafe

**CT Partnership for
Long-Term Care
Thursday, March 22nd
6:00 PM**

**Are you prepared
to pay for Long Term Care?**

Join special guest speaker, Aldo
Pantano, from the CT Partnership for
Long-Term Care, with the State Office
of Policy and Management, for a
presentation about the State of
Connecticut's Partnership for Long-
Term Care. For more information and to
RSVP, please call (203) 452-5199.

2017 SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Mary Isaac

Marcy Kelly

St. Patrick's Day Lunch

The Dining Room is
offering a St. Patrick's Day
lunch that includes corned
beef & cabbage with
potatoes and carrots.

Suggested Donation \$3.25

**Reservations must be
made (2) days in advance
by calling**

203-378-3086

Music will be
played by
DJ Al Song!



Upcoming Live Well Diabetes Workshop

6 Week Program

Thursdays: 12:30 PM-3:00 PM

April 5, 12, 19, 26, May 3, 10

To Sign up call (203) 452-5199

You will learn:

- Meal planning and healthy nutrition choices
- How to manage low and high blood sugar
- Tips for dealing with stress
- How to fight fatigue
- How to care for your feet
- How to set small and achievable goals



CENTER HOURS

Monday through Friday
9:00 AM—4:00 PM





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WORKSHOPS, LUNCH AND LEARNS, EVENTS

Friendship Tours Presentation Friday, March 9th 11:00 AM

Join Brett Isaacson, President of Friendship Tours, for presentation on their upcoming 2018 trips. To RSVP, please call (203) 452-5199.



Presentation on the Albuquerque Balloon Fiesta Monday, March 12th 1:00 PM

Interested in traveling to New Mexico to see the Albuquerque Balloon Fiesta? Join a representative from Collette Tours to sit for a presentation about this exciting trip. For more information and to RSVP, please call (203) 452-5199.



Home Energy Solutions- Income Eligible Weatherization Program Wednesday, March 14th 10:30 AM

Join New Opportunities, Inc., a community action agency, for a presentation about the Home Energy Solutions-Income Eligible Weatherization Program. Snacks will be provided. For more information and to RSVP, please call (203) 452-5199.

Lunch and Learn Healthy Eating Habits and Supplementation Wednesday, March 21st 10:30 AM

Join Lisa Trofa and Stephanie Mallory, Fourth Year Student Clinicians at the University of Bridgeport, College of Naturopathic Medicine for a presentation about healthy eating habits. Lunch will be sponsored by Homewell Senior Care. For more information, please call (203) 452-5199.

Evening Programs:

CT Partnership for Long- Term Care Thursday, March 22nd 6:00 PM

Join special guest speaker, Aldo Pantano, from the CT Partnership for Long-Term Care, with the State Office of Policy and Management, for a presentation about the State of Connecticut's Partnership for Long-Term Care. For more information and to RSVP, please call (203) 452-5199.

Upcoming Membership Renewal:

July 1st

Applications will be mailed in
May.

Israeli Dance with Leng! Spring Workshop Fridays, 11:30 AM

Beginning March 2nd-June 29th

Israeli Dance is great fun; it is culture and a great exercise for your mind, body and soul. No experience necessary. For more information, please call (203) 452-5199.

Lunch and Learn Healthy Living Wednesday, March 28th 12:00 PM

Join Shanon Jordan, Southwestern Regional Director of the CT Chapter with the Alzheimer's Association to learn hands-on tools to help you incorporate a plan for healthy living. Lunch will be sponsored by the Watermark at 3030 Park. For more information and to RSVP, please call (203) 452-5199.

Upcoming Events:

Live Well Diabetes Workshop

6 Week Program

Thursdays: 12:30 PM-3:00 PM

April 5, 12, 19, 26, May 3, 10

To sign up, call (203) 452-5199

You will learn:

- Meal planning and healthy nutrition choices
- How to manage low and high blood sugar
- Tips for dealing with stress
- How to fight fatigue
- How to care for your feet
- How to set small and achievable goals

Let's Go Green! And help save on the mailing costs.

Sign up to receive our newsletter by e-mail or pick it up at the front desk.

Email: jfranco@trumbull-ct.gov or call (203) 452-5199



PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. Everyone welcome.

Dedication in Memory of Rachel Yahwak

Friday, March 9th

10:00 AM

Snow Date:

Friday, March 16th

Please join us for a dedication in memory of Senior Commissioner, Rachel Yahwak.

Location: Senior Center Café.

FAMILY CONFLICT GROUP

A 12 WEEK Group that will meet on The 1st and 3rd Thursdays of the month at **2:00 PM**.

This group is run by a licensed professional. This group is for anyone feeling frustrated with their family relationships; such as not connecting with your children nor grandchildren as often as you would like or you have strained relationships that are affecting you.

March 1st and 15th

Chanté Moreno, LMSW
cmoreno@trumbull-ct.gov
203-261-5110

Daily Lunch Program

Join us for a hot lunch Monday-Friday at 11:45 AM. Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.

Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199. \$5.00 for non-residents. If you have a laptop, please bring it in.

Lunch and Movie

Friday, March 16th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: **The Mountain**

Between Us. Two strangers embark on a dangerous trek to safety after their flight crashes on a remote snowy mountain.

Starring: Kate Winslet and Idris Elba. To RSVP, please call (203) 452-5199.

Monthly Birthday Party

Friday, March 23rd

11:30 AM

Come celebrate our March birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare. To RSVP, call (203) 452-5199.

The Book Club

March Book: The Nightingale

Monday, March 5th, 11:00 AM

April Book:

“A Reliable Wife” by Robert Goolrick

Discussion: Monday,

April 2nd, 11:00 AM

Everyone is welcome.



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Shampoo/set/blow dry: \$15.00
Shampoo/cut: \$18.00, Neck Trim: \$10.00, Color/cut/set: \$50.00 +
Perm/wash/cut/set/blow dry: \$65.00

GAMES

Bingo

Monday, March 5th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

Goodies and refreshments. To RSVP, please call (203) 452-5199.

Super Bingo

Friday, March 23rd

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

\$5.00 gift cards and refreshments! RSVP by calling (203) 452-5199. Sponsored by the Senior Commission and SYNERGY Homecare.



Poker Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game. Don't forget to bring your poker face!

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Pinochle

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Wednesdays & Fridays

12:30 PM

New players are welcome to join!

FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises. Optional: bring weights.

International Folk Dance with Leng -10:00 AM A wonderful exercise for your mind, body and spirit.

Intermediate Line Dance with Shirley-12:45 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance, reducing stress and clearing your mind.

Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Qigong with Julie-12:30 PM Practice that focuses on lowering stress, improving immunity and strengthening internal and external balance.

Thursdays:

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training with Jeannie-10:15 AM Build strength and muscle while feeling stronger and more flexible. Please bring a towel and mat.

Feldenkrais with Cathy-11:30 AM Awareness through movement. Learn the importance of proper movement techniques while sitting.

Fridays:

Zumba Gold with Jeannie-9:00 AM Dance to international music while toning the entire body.

Fridays:

Tai Chi with David-10:15 AM An ancient martial art that helps improve balance and relieve pain.

Israeli Dance with Leng—11:30 AM Israeli Dance is great exercise for your mind, body and soul. No experience necessary.

ART CLASSES

Mondays:

Drawing with Christine-9:45 AM This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Tuesdays & Thursdays:

Watercolors with Sabine-9:30 AM Watercolor class taught by Artist Sabine Bonnar. All levels are welcome. A supply list will be provided.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

COMMUNITY NEWS

High Blood Pressure Self-Care & Prevention Workshop

Take your blood pressure to heart! The Trumbull Health Department will be offering a high blood pressure self-care and prevention workshop on Wednesdays, beginning March 28th, at the Park Avenue Medical Center, 5520 Park Avenue, Trumbull from 6:30 p.m. – 8:30 p.m. This program is a six week workshop that focuses on:

- Taking control of your blood pressure
- Home monitoring of blood pressure
- Healthy eating and physical activity
- Medications and treatment
- Meditation and relaxation

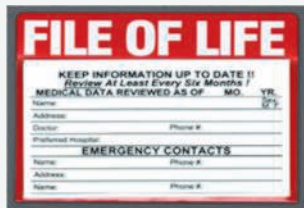


This program is geared toward those who have been diagnosed with hypertension.

Participants are encouraged to bring a support person to the program.

Interested participants should call the Health Department at 203-452-1030 to register. Space is limited.

Participants who attend all 6 weeks will receive a free home blood pressure monitoring kit.



File of life is an important and useful way to gather information that can be accessible in an emergency.

File of life is a wallet sized pouch that will keep record of any allergies, medication used, emergency contact information, doctor's information, and who to contact in a dire emergency. These packets are currently recognized and endorsed by Hospitals,

EMTs, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments. Trumbull's Emergency Medical Services (EMS) are working to improve the safety of their citizens, especially those in the older population. To sign up, please contact at the Trumbull Senior Center at (203) 452-5199 or email at anapolitano@trumbull-ct.gov. For more information please go to <http://www.folife.org/>, or contact Trumbull EMS at 203-452-5146. Home Visits are available! Amanda Napolitano is a social work intern from Sacred Heart University.

She is available on **Tuesdays** and **Thursdays** at the Trumbull Senior Center (203)-452-5199.

AARP Tax Aide

For the tax year 2017, AARP Tax Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM - 12:00 PM each Wednesday from February 7th through April 11th, 2018. No appointments are necessary—just walk in.

What to bring:

- Photo ID
- Social Security Number/Card
- A copy of your 2017 tax return
- Social Security Statement, SSA 1099
- All tax forms received for tax year 2017 (W2, 1099, etc.)
- End of year investment statements (INT, DIV, STOCKS, BONDS)

WISh LIST

-SOUND BAR: TO HELP ENHANCE THE SOUND FOR MOVIES AND PRESENTATIONS

-DECAF COFFEE

-UNOPENED COOKIES AND CAKES



The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, lawyers, shopping, appointments, nursing home visits. Call to inquire. (203) 452-5137. Registration is required.

American Museum of Tort Law and Mario's Tuscany Grill Thursday, March 15th

Visit the American Museum of Tort Law in Winsted and learn about the law and the benefits of trial by jury and tort law. After the museum, enjoy lunch at Mario's Tuscany Grill. Admission to the museum is \$5.00. You are responsible for the cost of your lunch. Maximum 14 riders. For more information and to RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- American Museum of Tort Law from 11:00 AM—12:30 PM
- Mario's Tuscany Grill from 1:00 PM—2:30 PM
- Bus will return to the Center by 3:30 PM

Clinton Crossing Premium Outlets Thursday, March 29th

Do you love to shop? The Clinton Crossing Premium Outlets is the place to be for shoppers. Stores include Vera Bradley, Nike, Nine West and more! Enjoy lunch at the various gourmet food trucks and don't forget ice cream at Ben & Jerry's or Carvel!

Bus Schedule:

Bus will leave the Center at 10:00 AM.
Clinton Crossing Premium Outlets: 11:00—1:30 PM.
Bus will return to the Center by 2:30 PM.

The Shuttle Loop: Get a choice!

Must RSVP: (203) 452-5137

Estimated pick up time between 9:00 am-10:00 am

Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

• Thursday, March 22nd

There is a minimum of 4 passengers and a maximum of 14 passengers per trip.

Cracker Barrel Old Country Restaurant Thursday, March 8th

Enjoy lunch at the Cracker Barrel Restaurant and be sure to check out their gift shop! Transportation is free; you are responsible for the cost of your lunch. To RSVP, please call (203) 452-5137. Maximum 14 people.

Bus Schedule: Bus will leave the Center at 10:30 AM. Cracker Barrel from 11:00 AM—1:00 PM

Need a Ride to the Doctor?

We offer rides to and from medical appointments Mondays, Tuesdays, and Thursday. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center Membership is not required but all riders must fill out a registration form. Donations are gratefully accepted. Donations can be made to the Trumbull Senior Center at 23 Priscilla Place, Trumbull CT, 06611

Stop and Shop Schedule: Call for a pick up

- Stern Village Residents:
Wednesdays
- Trumbull Residents: Tuesdays



Shopping is from 10:00 AM -11:00 AM.
You will be picked up between 9:00 AM-9:45 AM.
Wheelchair accessible, aides or caregivers are welcome.

Must RSVP: (203) 452-5137

Shop with us at the Food Pantry. Please call for inquires and eligibility. 203-452-5198
Transportation is available for pantry shoppers.
(riders must be at least 18 years of age)

DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*

Take a look at our day and overnight trips. Everyone is welcome. **Membership or residency not required.**

E-mail Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5199.

Payment and trip policy form is required before signing up.

To view all trip flyers, visit the Center or visit our website: <http://www.trumbull-ct.gov>

St. Patrick's Celebration at the Aqua Turf

*Featuring the
Maclean Avenue Band*

Date: Tuesday, March 20th

Cost: \$79.00

Getaway Tours

Includes: Transportation, Lunch
and Glass of Wine or Beer,
Entertainment, Driver's Gratuity



West Point Dress Parade

Date: Saturday, April 28th

Cost: \$105.00 based on 40-52

Friendship Tours

Includes: Parade, Lunch at Hotel
Thayer, Guided Tour of West Point



2018 Upcoming Trips

- Fidelco Guide Dog Open House
 - Corsets & Top Hats
- NYC Ballet/Chelsea Market
- New York Botanical Garden-
Georgia O'Keefe
- Harlem Famed Apollo Theatre
- The Boston Pops at Tanglewood

Over Night Trips with

Collette Tours

Tour: Albuquerque Balloon Fiesta

Departing: Thursday, October 11th,
2018

Returning: Tuesday, October 16th,
2018

Triple: \$2,649.00 pp

Double: \$2,679.00 pp

Single: \$3,379.00 pp



Culinary Institute of America

Caterina De Medici

Millbrook Winery

Date: Thursday, April 12th

Cost: \$132.00

Tours of Distinction

Includes: Motor-coach, Guided
Tour, Lunch, Tasting and Tour of
Millbrook Winery, Taxes and
Gratuities including Driver and
Tour Director



It's Showtime at the Log Cabin!

**Presenting: The Kings and
Queens of Country**

Holyoke, MA

Date: Thursday, April 26th

Cost: \$99.00

Getaway Tours

Includes: Transportation, Complete
Luncheon and Show,
Driver Gratuity



Overnight Trips with Friendship Tours

Tour: Jesus Live On Stage

Lancaster, PA

Dates: September 5th-7th

Deposit Date: June 13th

Final Payment: August 1st

Single: \$561.00 pp

Double/Triple: \$451.00 pp

Overnight Trips with Friendship Tours

Tour: Nashville Music City

Nashville, TN

Biltmore Estate-Asheville, NC

Opryland Hotel-Grand Ole Opry

Ryman Auditorium-General

Jackson Lunch Cruise

Dates: October 9th-16th

Deposit Date: July 17th

Final Payment: August 21st

Single: \$2,231.00 pp

Overnight Trips with Tours of Distinction

Tour: Escape to Maine

Dates: September 5th-7th

Deposit Date: June 1st

Final Payment: July 9th

Single: \$855.00 pp

Double: \$599.00 pp

Triple: \$515.00 pp

Please note: Bus seating for day trips will be on first come, first serve basis.

Monday	Tuesday	Wednesday	Thursday	Friday
 			9:00 Balance & Core 1 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 11:30 Feldenkrais 12:30 Pinochle 1:00 Matter of Balance 2:00 Family Conflict	9:00 Dance & Tone 2 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 5 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:00 Book Club 12:45 Line Dance 1:00 Bingo 2:00 Yoga	9:15 Fit for Life 6 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	9:00 Yoga 7 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	9:00 Balance & Core 8 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 1:00 Matter of Balance	9:00 Dance & Tone 9 10:00 Oil Painting 10:00 Poker 10:00 Memorial 10:15 Tai Chi 11:00 Friendship Tours 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game
9:00 Stretch 12 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 1:00 Collette Tours 2:00 Yoga	9:15 Fit for Life 13 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:00 Music DJ AI Song 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 14 10:00 Poker 10:10 Jazzercise 10:30 Energy Assistance 10:30 Computer Tutor 11:00 Tap Dance 12:30 Mahjong & Pinochle 12:30 Qigong	9:00 Balance & Core 15 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 1:00 Matter of Balance 2:00 Family Conflict	9:00 Dance & Tone 16 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch and Movie 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game
9:00 Stretch 19 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 20 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 21 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Healthy Eating 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	9:00 Balance & Core 22 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 1:00 Matter of Balance 6:00 CT-Long Term Care	9:00 Dance & Tone 23 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1:00 Super Bingo 1-4 Billiards Game
9:00 Stretch 26 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 27 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 1:30 Tai Chi Quan	9:00 Yoga 28 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:00 Healthy Living 12:30 Pinochle and Mahjong 12:30 Qigong	9:00 Balance & Core 29 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 1:00 Matter of Balance	30 The Center will be closed for Good Friday.



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MORE COMMUNITY NEWS

Town of Trumbull Household Hazardous Waste Collection

Saturday, June 9, 2018

TIME: 9:00 A.M. – 2:00 P.M. **PLACE:** 307 Indian Ledge Park Drive next to BMX Facility

SERVING TRUMBULL, MONROE & EASTON RESIDENTS

(Must show CT Driver's License)

What To Bring:

Household hazardous waste no longer needed, 20 gallons & 20 pounds per household. We reserve the right to refuse unidentified materials and large amounts of hazardous waste.

EXAMPLES:

Oil Based Paints & Strippers
Paint Thinner, Solvents, Stains & Varnishes
Solvent Adhesives
Lighter Fluid
Waste Fuels: Kerosene, Gasoline
Engine Degreaser
Carburetor Cleaner, Brake Fluid
Transmission Fluid
Pesticides & Insecticides
Weed Killers, Moth Balls
Flea Powder
Resins & Adhesives
Rubber Cement, Airplane Glue
Hobby Supplies, Artist Supplies
Photo Chemicals, Chemistry Sets
Furniture, Floor, Metal Polishes
Oven, Toilet & Drain Cleaners
Rug & Upholstery Cleaner
Dry Cleaning Solvents
Spot Removers
Swimming Pool Chemicals
Fluorescent Light Bulbs
Mercury thermometers

**VOLUNTEER RECEPTIONIST
NEEDED AT THE
SENIOR CENTER
PLEASE CALL 203-452-5199**

(You may be eligible for a tax credit)

How Do I Transport These

Materials Safely??

Bring materials in original containers securely closed.
Pack containers in sturdy upright boxes and pad with newspaper, if necessary.
Never mix chemicals together!
Never smoke or eat while handling hazardous materials.
Leaking or broken containers must be contained.
Do not leave vehicles unless instructed to do so.

For More Information,

Contact:

Trumbull Highway Dept.

203-452-5070



What Not To Bring:

Latex Paint (can be solidified & thrown in the trash)
Asbestos
Ammunition, Fireworks, Explosives
Radioactives, Smoke Detectors
Infectious & Biological Wastes
Prescription Drugs/Syringes
Commercial or Industrial Waste
Empty Containers
Compressed Gas Cylinders/Propane Tanks
Tires *
Antifreeze *
Waste Motor Oil *
Car Batteries *
Household Alkaline Batteries *
Cooking Oil *

* These items may be disposed of at the TEaM

Transfer Station at 101 Spring Hill Road.

Your unused medication can be a prescription for trouble.

DEPOSIT YOUR UNWANTED PRESCRIPTION DRUGS HERE!
Keep medications safe from our kids, and out of our water supply and landfill. Bring medications in original containers with the label removed.

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Not Accepted: inhalers, needles (sharps), hydrogen peroxide, aerosol cans, hazardous waste

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<http://www.trumbull-ct.gov/TPAUD>



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Trumbull Senior Center

06-5293

Senior and Totally Disabled Homeowner Tax Relief Program

The Trumbull Tax Assessor's Office is accepting applications for tax relief benefits starting February 1, 2018 through May 15, 2018 on a walk-in basis. Social Services is available for scheduled appointments as well as home bound visits and can be reached at (203) 452-5198.

Homeowners on the tax relief program, who are due to renew with their 2017 income have received renewal reminder letters in the mail. New applicants are welcome.

The state and town tax relief programs is based on age, residency and income qualifications. The town income limit is \$70,000. The state income is \$43,000 (married) and \$35,300 (single). For further information please call the Trumbull Tax Assessor's Office at 203-452-5018 or visit our website at www.trumbull-ct.gov

For further information, please call the Trumbull Tax Assessor's Office at 203-452-5018 or visit our website at www.trumbull-ct.gov.

Energy Assistance:

Social Services will begin taking applications for the 2017--2018 Winter Heating/Energy Assistance Program beginning Monday, October 2, 2017. The Connecticut Energy Assistance Program (CEAP) can assist households with their primary heating source (oil, gas, electric) costs during the winter months. If the household's primary heating costs are included in rent, you may also apply for assistance. **THIS PROGRAM IS INCOME AND ASSET BASED.** Please call Social Services directly @ 203-452-5198 for program guidelines, required documentation and to schedule an appointment. Home bound visits are available upon request.

MEDIARE SAVINGS PROGRAM UPDATE:

The effective date of any Medicare Savings Program (MSP) eligibility change has been extended to at least July 1, 2018, as a result of Governor Malloy's directive to the Department of Social Services and the General Assembly's passage of Public Act 17-1 during the January 2018 Special Session. This only creates a 5 month temporary reprieve of the drastic reductions which was voted into law with the passage of last year's bipartisan budget. Unless the legislature makes further changes in the eligibility standards during the 2018 legislative session that opened this week, more than 100,000 adults will be severely affected by this change which helps seniors and the disabled pay for medical and prescription expenses.

This past fall and winter, constituents across the state waged a very passionate and loud objection to the MSP reductions however the fight is not over. We must continue to reach out to our Senators and Representatives and forewarn them how these cuts will personally affect you or your loved ones. **Your calls and e-mails make a difference!**

To find out who your State Representative and State Senator are please call:
860-240-0100 Not sure what to say, or how to start?

Start with your name and the town you live in.

Let them know you are calling about ***"the recent cuts made to the Medicare Savings Program in the state budget that was passed last year"***.

Tell them how these cuts will impact your life directly, for example:

If you no longer have coverage for your 20% doctor or therapist visit Medicare copays, and so won't be able to go to some or all of your doctors or therapists anymore, tell them that.

If you will no longer have coverage for the \$1,340 Medicare hospital deductible, so you will face a large bill if you have to be hospitalized, tell them that.

If you will no longer have coverage for your Medicare Part B premiums (which range from \$104 to \$134/month), and so will have to drop that coverage, let them know that.

Tell them what kind of choices you will be forced to make because of these cuts, for example, having to choose between the high copays for an essential medical service vs. heating your home. End your call by urging your legislator to fix these cruel and unfair cuts to your health care coverage during the 2018 legislative session. Urge them to repeal these cuts!!